SECRETS THOUSANDS OF YEARS OLD

FORBIDDEN KNOWLEDGE REVEALED

MOSES, THE WISEMEN AND JESUS APPLIED THESE FORMULAS

THE MASTER BOOK OF SPIRITUAL POWER

WILLIAM ALEXANDER ORIBELLO

OBTAIN ALL THAT YOU DESIRE:
LOVE – GOOD LUCK – BEAUTY
FABULOUS FORTUNES

BECOME RICH. FAMOUS. HAVE EVERYTHING YOU DESIRE NOW!

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NOTE FROM THE PUBLISHER

The publisher is saddened to notify Mr. Oribello's many student's that this master teacher passed to a higher plane in San Francisco at the end of 1996. He had accurately predicted his own passing and told those with close ties that he would continue to serve humanity from the next world. So there would be no accidental alterations to his work we have kept the original text in its "home spun" work book format.

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INTRODUCTION -

WHAT THIS BOOK WILL DO FOR YOU

The information in this book is the master key which unlocks the door to higher dimensions of peace and power. A better life awaits you, a life in which you may banish

the negative fetters of doubt, fear and guilt, so that you may be all you were intended to be. However, just reading this book will not do it -- you must apply the principles set forth, and thus create a firm foundation upon which you can build a new and better life.

HOW TO GET THE MOST FROM THIS BOOK

Read it casually from start to finish. If something is not clear just proceed to the next point of teaching until you have finished the book. Then read it a second time, pausing to apply the experiments and techniques.

The greatest ability you will master is how to apply this glorious spiritual teaching to your daily life. Refer to this book from time to time for inner wisdom and guidance and it will be your pathway to Divine Truth which liberates the faithful student from mortal darkness.

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1. The Seven Fold Path to Power

Before we explore the Seven-Fold Path I will reveal the great foundation for success in all types of mystic and psychic development; It is deep breathing and relaxation. This practice has been referred to as "The Silence"; "The Inner Temple of Prayer" and by other terms. It is, simply stated, going within to the very center of our being by stilling the senses and relaxing, the physical body. This is the supreme method for opening our inner awareness.

THE METHOD

Sit relaxed or lie down and become as comfortable as possible. Make sure you do this at a time when you will not be disturbed. If you should fall asleep it would be perfectly alright, however, it would be better to stay awake so you may be more aware of what is taking place within you.

Take several deep breaths as follows: Inhale to the count of six, and hold the breath to the count of three. Now exhale to the count of six, and hold -the breath out to the count of three. Repeat this several times after which breathe normally.

Now think of your feet, willing that your feet become totally relaxed. Continue thinking

of your feet until you are satisfied that you have relaxed. From the feet you then think of every major part of your body, one by one, willing that each area totally relax. For example, you would think of your legs up to the knees, your legs up to the hips, your stomach and lower back, chest and upper

back, hands and arms, shoulders and neck, face and head. This technique is the perfect beginning to all prayers and meditations.

THE SEVEN-FOLD PATH TO POWER

This path constitutes seven mental qualities which we develop for the purpose of opening our inner awareness to an advanced degree. They were revealed to me by a master teacher many years ago and are powerful. They are:

1. Observation
2. Visualization
3. Concentration
4. Meditation
5. Discrimination
6. Contemplation
7. Adoration

We will now examine each of these seven qualities and techniques for their development.

1. OBSERVATION

This means to take special notice of things which we perceive. The average person looks at a long stem rose and that's all they see. On the other hand, a person with a trained sense of observation sees how many thorns are on the stem, the stem's various shades of green, the minute shade within the color of the rose, and more. When we truly observe a thing we truly know it. The more we observe ourselves in thinking and actions the more we will know who we really are.

HOW A WOMAN ATTRACTED BIG MONEY THROUGH OBSERVATION

A certain woman (we will call her Mary) kept noticing the word dog on a certain day. It seemed that every hour of that particular day she noticed an advertisement about dogs, heard a dog bark, as she walked to and from work she noticed that she would turn her

head several times and happen to see a dog. Mary was a student of mystic power and remembered a certain lesson about omens. On the night before, she offered a sincere prayer for help in obtaining a sum of much needed money. Mary got the message and converted the word dog to it's number vibration (I share this method in my lesson on dreams). She played this number in the state lottery and won $2,500. On that morning she was in great need, but that same night she was $2,500 richer.

HOW TO DEVELOP OBSERVATION

Practice noticing small details about different people and objects. Try to become more aware of things going on around you - above all become more aware of the messages you receive and the thoughts of your mind.

2. VISUALIZATION

A great form of mental magic is to visualize what you desire as already accomplished in your mind. Simply stated, visualization is forming a perfect mental picture of your desire .to a degree that you can actually feel the emotional energy that you would feel if that desire were already fulfilled.

HOW A MAN SAVED HIS MARRIAGE THROUGH VISUALIZATION

A couple who had been married for six years found that they were becoming indifferent and bored with each other. This often manifested as cross words and arguments between them. The man (I will refer to him as Nick) became a student and set about to improve his life, beginning with his marriage. He used the dynamic technique of visualization, creating daily mental pictures of the way it was with him and his wife. Within three weeks the love between this couple was restored and today they are happier than ever.

HOW TO DEVELOP VISUALIZATION

Become totally relaxed, after which you begin to form a mental picture of exactly what you wish to accomplish. Add extra details to your mental picture until it is perfect. Feel the joy of receiving the answer to your prayer, for that is exactly what visualization is; A dynamic prayer. Now comes the most important part of this practice -- release it. Get up and do something else. Forget it until your next session. There is a sound metaphysical principle in releasing as I will now explain. If we think about our desire constantly we hold it down to our level of limitation because we can think of so many reasons why it is

impossible to attain it. However, when we release our perfected visualization we turn it over to the all powerful Cosmic Mind -- to God, who is all wise in manifesting our answer. Our inspiration or blessing may come at a later time in unexpected ways.

3. CONCENTRATION

When you begin to visualize, generate all of your energy into your one object of thought. This is concentration and if you can do this for as little as thirty seconds you have achieved a great deal. The mind loves to wander and flutter from thought to thought. In true concentration one does not force the mind to be still, but to run through its course of thoughts for several moments, after which it begins to slow down. It is when our mind slows down that we zero in with our practice of concentration.

HOW TO DEVELOP CONCENTRATION

Visualize yourself in front of a blackboard with a piece of chalk in one hand and an eraser in the other. See yourself write the letters of the alphabet one by one on the blackboard. Erase each letter before you write the next one. If your mind wanders, gently bring its attention back to what you are doing. It may be good to begin by just working one third or halfway through the alphabet at first, then gradually increasing the time span until you have used all twenty six letters. You may then start using numbers from one to twenty five, and extending this until you can count to one hundred using this method.

4. MEDITATION

Meditation is considering all you know about an object or person and then creating a void within your mind so that you may receive additional impressions about your object of meditation.

HOW A WOMAN ATTRACTED A GOOD HUSBAND THROUGH MEDITATION

I will refer to this student as Susan. Susan was seeing two very nice men, one of which she had known since they were children. Both of these men had proposed marriage and Susan found herself at the crossroad of a major decision. She felt she knew her childhood friend better than her other boyfriend, so he was the more likely of her choice. However, Susan decided to use the meditation technique to help make her decision. As she reached out for information about the two men it was revealed that her friend of long standing wore a mask over his true personality for so many years. Knowing with an inner

knowledge that he was not the person he appeared to be, she quickly chose the man. she had known for only a year. Susan was very happy with her husband, and four years later she discovered the accuracy of her impression: An old friend married the other man and confided in Susan that she was an abused wife.

HOW A BIBLE STUDENT GAINED DIVINE UNDERSTANDING THROUGH MEDITATION

Brenda was a very earnest student of the Holy Scriptures. However, she found great difficulty in understanding the true inner meaning of certain passages. She decided to make these biblical passages the object of her meditation. In a short time she began to receive mental flashes of intuition which opened her understanding of the Bible more and more with each passing day.

HOW A MAN BECAME FINANCIALLY INDEPENDENT THROUGH. MEDITATION

Joe quickly became an outstanding student of the Mystic Arts. He had a good job but was limited as far as advancement

and financial independence was concerned. Joe began using the meditation technique to receive inspiration in financial matters.

Like a flash it was revealed that Joe should become a wholesale distributor for novelty items he saw advertised in money making type magazines. Also, it came to him that he knew a great deal about many things and should write small booklets about these subjects and offer them through classified ads in national publications. Joe began both of these enterprises and worked them in his spare time. Within a year Joe quit his job and worked his other interests full time. Within three years he was making more money that he made in over five years at his old job.

HOW TO USE THE ART OF MEDITATION

Write down the object of your meditation. List briefly every detail of what you already know about the subject. Also write out the fact that you would like to know more. Place the paper on a table in front of you. There should be a dark colored cloth under the paper. Next you go into a mental state of silence by bringing deep relaxation to your physical body as already described. Then open your eyes, place your elbows on the table and position your hands on your face as illustrated in the photograph of figure #1. The reason

for this position and the dark cloth is to help you focus your attention without distraction. After you have considered your subject, create a mental void by closing your eyes as though your eyelids were a wall or curtain coming down between your perception and the object of meditation. During the few moments following the void is when you receive impressions from higher consciousness which inform and guide you relevant to your object. Be patient and remember that practice makes perfection. You and every other person in the cosmos are linked together mentally by the occult law of Sympathetic Attraction. This means that all minds can affect other minds. If we pick up negative energy from other

minds it is because we are allowing ourselves to be negative at the time, and therefore, we attract other thoughts which are sympathetic to our own. The ancients embodied this concept in the axiom, "Like attracts like". By the same token, we can attract positive inspiration from illuminated minds through the same principle. It is only our lack of awareness of the Cosmic Mind which blocks our path. Once we break through the barriers by constant practice, then we develop a rapport with all other minds of power and thus become attuned to God's Mind.

5. DISCRIMINATION

Discrimination means non-attachment and indifference. This does not imply that we should be cold and insensitive, but that we should consider the true value of things we desire and release the illusions. Many people are unhappy because they lack things which may presently be out of their reach. Know your priorities;

FIGURE #1

I he Master Book of Spiritual Power

discriminate between the real and the unreal.

HOW TO USE DISCRIMINATION

Make a general list of all your present activities and desires. Then consider each one, asking yourself, "Is this really important in a cosmic sense?", if the inner answer is no, mark a line through that item and try to eliminate it from your life and consciousness. Simplify your life by discarding the unimportant things.

6. CONTEMPLATION

This means to take the great overview, to take in every point of an object without trying too hard. Information will come to you easily when you attain the contemplative state of thinking.

HOW A STUDENT ATTAINED COSMIQ CONSCIOUSNESS

A young woman set about to develop the state of contemplative thinking. One day, while in this state, she realized the oneness of all life and the reality of God in a glorious way which could never be fully described in human expression. Although she continued her everyday existence she never lost the beauty of this glorious experience.

HOW TO DEVELOP CONTEMPLATION

Sit at a table with a lit candle in front of you. Turn all other lights off. Just sit and contemplate the candle flame and allow your mind to relax. You may wish to focus on a chosen subject and visualize it embodied within the flame.

7. ADORATION

When you have developed along the path to a more advanced stage of contemplation you begin to fall in love with the beauty of life. You will begin to see beyond the general appearance of people and things that you may see the true essence of life, that you may behold the face of God in everything and everyone. At this stage one begins to live in a state of grace in which the will of God becomes clear and great expectations of miracles flow. Ugliness turns into beauty, sorrow turns into joy and hate turns into love.

HOW TO DEVELOP ADORATION

Make a special effort to gaze at the sunrise and sunset from time to time. Take time to notice the beauty of nature around you and within your own being. Truly, when you set foot on the Seven- Fold Path to Psychic Power you will know that you are, that you can be and that the power of God is within you.

2. Dream Magic

WHAT IS SLEEP?

Through a multitude of waking impressions, physical work and a general spending of energy, our body cells are used up faster than they are renewed. The brain receives less oxygen due to the slowing down of our circulatory and other physical systems, and therefore the body must sleep so that it can be renewed. While the body sleeps man's

invisible, higher levels of being take over.

THE INVISIBLE BEING

To understand our higher levels of being let us consider the different realms of existence; There are seven realms of existence but we will consider only the first four in this work, starting with the lowest:

1. The Physical Realm -- This constitutes a lower region of solids, liquids and gases; And a higher region of ultra- gaseous matter, called the Physical Etheric Plane.
2. The Astral Realm, also called the World of Desire - This constitutes a combination of emotional forces, the afterlife abode of the departed, and our area of activity during sleep.
3. The Mental Realm -- This constitutes the combination of mental activities, as well as the abode of more advanced souls.
4. The Spiritual Realm -- This constitutes the center of spiritual awareness and activity, and the abode of the most advanced souls.

Within the three lower realms of existence, man possesses four lower bodies with which he may function within the realms. Thus, the bodies of man are:

1. The Dense Physical Body
2. The Vital Body (of the finer physical substances)
3. The Astral Body
4. The Mental Body

Above these are man's three-fold Spiritual Body. However, that does not concern us in our present consideration.

AFTER SLEEP

When the body sleeps man leaves it, clothed in the Astral Body. Sleep has been compared to death because in both cases man is separated from the Physical Body except that in sleep the invisible man remains connected to the physical by an energy known as the Silver Cord.

WHAT IS A DREAM?

A dream is an episode of our experience during the repose of the Physical Body.

Dreams may be classified into different types as follows:

1. The Ordinary Dream - This refers to dreams caused by conscious or subconscious anxiety. An example of such a dream would be of a disturbing situation involving your home life or place of employment. This type of dream is easy to recognize with little knowledge of symbolism.
2. The Message Dream - This refers to dreams filled with symbolism. It may take place with an angel, spirit guide or departed loved one, talking with us or acting out a life situation. We may be an observer or participant in the

episode. At times this type of dream may reveal persons, places or things which are unfamiliar to us. Later in this work I reveal the secret code by which you may interpret this type of dream. To have a message dream means that a higher power is offering help, such as the solution to a personal problem, direction for successful undertakings, and even lucky numbers.

3. Prophetic Dreams -- This constitutes a clear warning of future events in the life of the dreamer or his friends and family. When a dream is prophetic we usually get an unmistakable feeling that it is. At times a person may have a prophetic dream about the country in which they live.

THE DREAM PROPHETS

The Bible has much to say about the importance of dreams in both the life of individuals and the destiny of nations. In the book of Genesis we are told of Joseph, the son of Jacob (Israel). At a young age Joseph had symbolic dreams of his future success (see Genesis, chapter 37). His dreams came to pass even though he suffered severe personal hardships. His own brothers even sold him to Egyptian slave traders. Later, his employer's wife spoke a false accusation against Joseph and he was imprisoned. Although in prison this prophet kept his faith in God. He interpreted the dreams of fellow inmates (see Genesis, Chapter 40). When one of these inmates was released he served the king. One night the king had a prophetic dream which troubled him. His servant remembered Joseph and informed the king of his outstanding ability to interpret dreams. Joseph opened the king's understanding and rewarded a high position in Egypt. Later his brothers even came to him for help: those who hated him were compelled to bow before

him (see Genesis, Chapters 42-45).

The Prophet Daniel was another outstanding master of dream

power. In the Biblical Book which bears his name we are told of how he made a believer out of an infidel king and foretold the destiny of nations, including prophecies of the end time tribulation.

THE 18th. CENTURY MASTER

As an initiate of the Arcane Teachings, I have access to formulas and methods handed down by the Mystic Masters of all ages. One of the greatest secrets of dream power revealed to me is that of Count Cagliostro, the 18th. Century Master of Wisdom.

Count Cagliostro was initiated into the mystic arts as a child. He toured the countries of Asia and Europe sharing his mystical knowledge, healing the sick and establishing schools of the secret wisdom. He was persecuted, and condemned by the Inquisition. However, multiplied thousands of his followers, both rich and poor testified to his outstanding power and ability as a great mystic and man of God. Cagliostro had a powerful method and formula to help a person have the 'dreams they wanted to have. For example, if someone wanted to receive a message of guidance through a dream they would practice this method.

THE METHOD AND FORMULA

If you wish to have a special dream concerning any matter of life, such as love, job., business or money affairs you may find this practice very helpful. Some people find inspiration which guides them in games of chance such as lottery numbers. Of course, I cannot advise you in such matters, especially where it is illegal; Nor can I guarantee the outcome of such experimentation, as that is a spiritual matter, by which success rests within the scope of your faith. However, I will reveal this entire practice step by step as it was revealed to me.

STEP 1.

PREPARING THE DREAM POTION FORMULA

You must prepare this dream potion first. Bring one quart of water to a boil. While it is boiling pronounce the names of the four archangels; Michael, Gabriel, Uriel and. Raphiel.

Turn the fire off after pronouncing the names. You then add one teaspoon each of the

following herbs; Rosemary, Lavender, Cinnamon and Bayberry. You may already have these in your home, or you can obtain them from your nearest herb or spiritual supply house. As soon as you add the herbs, cover the pot and allow them to steep and cool for 50 -- 60 minutes. Then pour through a strainer into a quart jar. You may then throw the herbs in the four corners of the room in which you sleep. Keep them in the room for at least nine days. Be sure to keep the jar of solution tightly closed and stored in a secret place for nine days before using it.

STEP 2.

PREPARING HOLY ANOINTING OIL

Place seven Mustard Seeds in a small bottle of Olive Oil. Allow it to set for nine days before using it.

STEP 3.

ENERGIZING THE DREAM AMULET

The symbol shown in figure #2 is a legendary amulet of early Mystic Christians. It reveals a dove standing on a horn of plenty. It is believed to be a powerful dream amulet, symbolic of peace and prosperity through dreams. You must implant your vibration into this amulet. Use the one on heavy paper which is included in this book. Hold it between the palms of your hands, close your eyes in silent meditation. Desire that your vibration be implanted into this

amulet. Do this just a few moments every day for nine days. It is wise to prepare the dream potion, the anointing Oil and the amulet during the same nine day period. After completing the three steps, you are ready to proceed with the next step.

FIGURE #2.

STEP 4.

PREPARING TO DREAM

Do not eat for two or three hours before retiring. Try to clear away all negative feelings, such as anger over an argument. If it is impossible to maintain a feeling of peace then it is not a good night for this experiment. If it is a good night, proceed to take a bath or shower then burn some incense (sandlewood is preferred). While it is burning think of your desire to obtain information in a dream. Make sure the incense is completely burned

out and cooled before going to bed. The final act in this step is to place a pen and some paper next to your bed.

STEP 5.

HOW TO USE THE ANOINTING OIL

Take some oil on your right first finger and trace a triangle on your forehead. Then take more oil and trace a circle around the triangle (see figure #3). Allow this to dry a few moments.

STEP 6.

HOW TO USE THE DREAM POTION

Take a generous amount of the potion on the fingers of your right hand and apply it to the center of your forehead: Smear it to your right temple. Apply more potion to the center of the forehead and smear it to the left temple. Then apply some to your left palm, starting at the fingers and going towards the wrist. Repeat this practice on the right palm.

STEP 7.

HOW TO USE THE DREAM AMULET

Place this amulet under your pillow but inside the pillow case. This will help keep it in good condition. You may wish to seal your amulet in plastic. You can purchase laminating plastic at most stationary stores.

STEP 8.

AN EFFECTIVE SLEEPING POSTURE

A great teacher informed me of the valuable information

which I now share with you. First, one should sleep with their feet to the North and their head to the South. This helps us to relax by being in harmony with the Earth's magnetic currents. Secondly, to help us dream better we should lie on our back and place our hands on our chest, the little fingers being closest to the chest. The thumb and first two fingers should be together (see photograph in figure #4). Take several deep breaths willing that all tension leave your body with each exhalation.

STEP 9.

HOW TO REMEMBER YOUR DREAMS

It is revealed that upon awakening, a person should write down their dream even before

their feet touch the floor. This is why I suggest that you keep a pen and paper beside your bed. A person is likely to forget their dream after they are up and about.

DREAMS AND LUCKY NUMBERS

When you write down your dreams list the objects, words and names of persons which stand out in your mind. -Every letter vibrates to a number. While in Europe Count Cagliostro taught his students how to transform dreams and omens into lucky numbers by which they won a great deal of money in the existing lottery of that time. Today, some people use the same method. To find the number vibration of any word study the table in figure #5.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G-	H	I
J	K	L	M	N	o	P	Q	R
S	T	U	V	W	X	Y	Z	

FIGURE #5.

Thus, as you can see, the letters A,J and S vibrate to number 1; B, K and T vibrate to number 2; C, L and U vibrate to number 3; D,M and V vibrate to number 4; E, N & W vibrate to number 5; F, o and X vibrate to number 6; G, P and Y vibrate to number 7; H, Q and Z vibrate to number 8; I and R vibrate to number 9.

For example, if you dream of a cat: C=3, A=1, T=2. Therefore, you have been given a three digit figure of 312. If you wish to reduce this to a single digit you would add 3+1+2=6. If you wish to render this a four digit figure you would write it, 3126.

If a departed friend or loved one appeared in the dream you would first consider the number vibration of the two words, dead person. For example, D=4, E=5, A=1, D=4. P=7, E=5, R=9, S=1, o=6, N=5. Dead is 4514. Person is 759165; Thus we now have the numbers 4514759165. To narrow this down to three digit figures start at the

left: 451, 475, 916, 500. When you are left with one or two digits you may add o, for example 52 may be written 520. If you were to add all the numbers of "Dead Person" it would come to 47. Add o and you have 470.

Always remember to figure the name of the person into a number vibration. For

example, if the person's name is Tom: T=2, O=6, M=4. Thus, Tom vibrates to 264. To reduce Tom (or any word) to a single digit number add 2+6+4=12. Since 12 is still more than one digit you would add 1+2=3. Thus, the single digit number which vibrates to Tom is 3.

A SPECIAL CODE TO INTERPRET DREAMS

The different people, objects and symbols within our dreams may represent the levels of our mental awareness. For example, a man is symbolic of the conscious mind. A woman is symbolic of the subconscious. Children represent new ideas coming into play and developing. A symbol of authority such as a judge, police officer, or minister may represent our higher awareness or super- conscious mind. A house, car or bus is symbolic of the physical body. You can interpret the message of such symbols by comparing them to other symbols in the dream and by asking yourself what the other symbols mean to you personally. For example, if you should dream that you are sweeping out your car, then later on as you drive the car you have an accident it may be a warning to take better care of yourself.

The point to remember is that we must take note of what the symbols mean to us. Observation is the key to better understanding of ourselves through the symbolic messages we receive.

3. Instant Soul Power

In this lesson I will reveal easy methods of awakening latent psychic abilities. The word psychic comes from the Greek word psyche, which means the human soul. Therefore, the word psychic implies the ability to perceive things independent of the physical senses, from within. For this reason psychic abilities are also termed "The Sixth Sense" or "Extra Sensory Perception". The ancient prophets, yogis and mystics were psychic to an advanced degree, being direct instruments for the will of God.

Be aware that instant methods may not be 100% accurate, and that a student should go on to more advanced techniques which we will discuss later.

YOU ARE PSYCHIC

You, as well as every other person, are psychic. Beyond the five physical senses are higher avenues of perception, by which we can read and send thoughts, project into the

future and even tune in to the Cosmic Mind for information concerning anything or anyone. However, this Extra Sensory Perception is dormant in most human beings, except on rare occasions when a positive impression, termed "hunch", is recognized and acted upon.

WHERE DO PSYCHIC IMPRESSIONS COME FROM?

They come from the minds of other people, such as a good friend or loved one reaching out towards us in some way though separated by many miles. Another example is messages we may receive from spiritual sources, such as the souls of the departed, master teachers, guardian angels, and in cases of advanced

students, direct communication with God.

PSYCHIC TOOLS

When a person decides to become active in psychic development they should begin by using various props which I call psychic tools until they advance in sensitivity. The point to remember is that practice makes perfect. I will now reveal some very interesting instant psychic techniques of which some require simple props to help focus your psychic energy and awareness.

THE BIBLE

For many generations people have used the Holy Bible as an instrument through which they could obtain psychic guidance. The formula is that one should become quiet, then read the 50th. Psalm out loud in a soft and reverent tone of voice. Next, the inquirer should close the Bible and repeat a sincere prayer, calling upon the help of good spirit guides and angels to reveal the answer to their question. After the prayer, one should speak their question out loud, then run the thumb over the edge of the pages and open the Bible where they feel directed. The final step is to read the first passage which catches the eye. It is believed that the scriptural passage will shed light of understanding on the problem.

"Thy word is..... a light unto my path"

Psalms 119:105

SIGNS IN THE SKY

This means to discern the shapes of clouds as a psychic omen. To receive information in this manner you should go to the

country or a quiet area of a city park. Lie down on the grass, deeply relax and ask your question out loud. Then you just observe the formations of the clouds above. Some people believe that one or more shapes may be symbolic of people or things which reveal an acceptable solution to their problem.

MYSTIC INCENSE

The burning of incense has been a great psychic tool for thousands of years in mystic and religious practices all over the world. A psychic method to obtain a simple answer of "yes" or "no" is employed by observing the smoke of the incense. The particulars of this method are as follows: Become relaxed and repeat a prayer, followed by asking a question out loud. Then light some Jasmine incense and observe the smoke: If it remains low and moves to the side it is an indication of "no" or "unlikely". If it ascends upward, it signifies "yes" or a favorable influence. You may obtain better results if you burn powdered Jasmine incense by pouring about a teaspoon of it on a burning charcoal tablet which you can obtain from an occult supply house or specialized store. After you add the incense to the charcoal, drop a few Poppy Seeds on it. This Poppy Seed addition was favored by mystics of the Near East in ancient times.

WATER AND WAX

This method is performed by having a glass half filled with cool water and a candle in your left hand. Relax and utter a prayer for guidance. Next, light the candle and allow it to burn for a few moments, after which you must tilt it over the glass allowing a few drops of hot wax to drip into the water. Observe the shape which the wax takes after it is in the water. Interpret what the shape means to you and convert your observation into an omen of

guidance based on its personal symbolism.

WATER AND OIL

This is a very effective method which begins to open the senses of inner awareness to an advanced degree. You will need three white candles, a glass of water and small amount of

Olive Oil. Arrange the items on a table as illustrated in figure #6. Place a drop or two of Olive Oil on the surface of the water. Have the lights out and the candles lit. Gaze at the oil on the surface of the water for several moments. Just relax and allow your mind to drift as you gaze at the surface. After awhile you should receive mental impressions and should take note of them and the relationship of their symbolism to the answers you seek. You may even have a vision as you gaze at the surface.

FIGURE #6.

This was a method highly favored by the prophets and apostles of the Bible. However, it is still used in modern times. There are two words which stand out in biblical stories in relation to this practice. They are "Urim" and "Thummim". In modern day private rituals a talisman with the word "Urim" is placed on a table to the left of a person, and signifies the answer "no". A talisman with the word "Thummim" is placed to the right and signifies the answer "yes". The two talismans should be four or five inches apart. Next, you should write down your question on a slip of paper and fold it a few times so that it is small. Hold the paper in your right hand; Close your eyes as you stand before the table. Repeat, mentally or out loud, the words of Psalms 57:7.

"My heart is fixed, oh God, my heart is fixed.
I will sing and give praise."

Now, with eyes still closed, toss the paper in the direction of the table top. Open your eyes and observe: If the slip of paper fell on or near the "Urim" talisman it is an indication of no, in answer to your question. If on or near the "Thummim" talisman it is an indication of yes. If the slip falls at a fairly even distance between the two it indicates a 50/50 chance. Should you decide to perform this experiment remember that you must flow with the inner power and allow it to manifest. It's like anything else: The more you do it, the better you become at it. Use the "Urim" and "Thummim" talismans included with this book.

ADVANCED TECHNIQUES

The previous methods are popular and used by some advanced students as well as beginners. However, there are advanced techniques which develop our ability to see, hear and feel from within at any time we desire to do so, without the aid of

tools. This takes faith, devotion and patience. We will now consider the more advanced techniques.

THE ASTRAL TUBE

We can see, with our mind's eye, things which are beyond our human sense of sight. This has been called clairvoyance which means clear vision. By developing this ability we can operate it at will and see beyond solid walls, perceive what others are doing at a distance, project our vision backward or forward in time to view the past and know the future, see beyond the outer appearance of things and people, thus knowing their true nature. The underlying principle in this ability is to realize that every material thing has its counterpart in the astral world or fourth dimension. By tuning in to this dimension we overcome the limitation imposed by the physical three dimensional world. This tuning in method is called "The Astral Tube" and I will reveal an exercise to develop this ability. But first I would like to tell you about experiences of people, just like you, and how they overcame obstacles by using the astral tube.

MAN SAVES FAMILY

An advanced student was away from home on business. He was a devoted husband and father of three lovely children. While asleep in his motel room he suddenly awoke and noticed that it was three o'clock in the morning. The problem was that he had a horrible feeling that his family was in danger. He got up, said the prescribed prayer and tuned in to his family using the astral tube. He saw his wife sleeping soundly in their bedroom, then he shifted to each of the children and they also were asleep. An intuition prompted him to project his vision outside the house, and there he saw a burglar attempting to break in. He quickly phoned his wife alerting her to call the police. She did so and the burglar was

arrested within a few minutes. It turned out that this burglar was also a rapist and murderer and had been wanted by the police. Thanks to the psychic ability of this student, his family was saved from a great danger.

WOMAN DISCOVERS SECRET PLOT

A certain woman was a faithful student of these dynamic laws. She was a widow and had a son and daughter-in-law who lived with her. While on vacation she met a man whom she fell in love with and planned to marry. Within a few weeks after her return from the cruise the man came to visit her in Chicago. He stayed at a hotel as a matter of respect for the woman. However, when he left for his hotel room that evening the lady had an uneasy feeling that something was not quite right. After a sincere prayer she projected her inner vision to his hotel room and discovered what this man really was. He had a woman staying with him who was apparently his partner in crime. She overheard them plotting that after he marry the woman he would swindle a large amount of money from her, then disappear. This student not only used clairvoyance, but also clairaudience (clear hearing), and this saved her from losing everything. She quickly called the man and informed him that she knew everything, down to an exact description of the woman in his room. He was so shocked that he admitted it and begged her not to call the police. She never heard from him again.

A STUDENT WHO SAW HEAVEN

A young man, just twelve years of age was advancing on the spiritual path and became adept at using the astral tube. His mother became ill and died when he was still an infant. One day he decided to attempt a projection into the abode of spirits in the

astral realm. He was able to communicate with a soul guardian who led him to where his mother was, a beautiful paradise. He visited and talked with his mother and she told him things he did not know before. After his experience he related a message to his father about something which happened before his birth. The father, with tears in his eyes, admitted that what the boy told him was true and testified that this was indeed a proof of life after death.

HOW TO DEVELOP AND USE THE ASTRAL TUBE

Plainly speaking, this method constitutes building an imaginary tube between you and your object of consideration, so that you link up with that object and become able to know the unknown. You accomplish this by shifting your emotional energy and will power into the astral dimension, thus lifting the curtain which separates the seen from the unseen.

There is a material way to do this which I will now reveal.

You will need, for the astral tube experiment, a piece of aluminum or steel pipe; However, the cardboard tube from a roll of paper towels would do just as well. You will also need a plain candle. Place the candle on a table and seat yourself at the table. Make sure that the wall and surrounding area near the candle is free from distracting objects.

Light the candle and turn all other lights off. Relax, as you have been instructed, then proceed with the next step. Position the tube about three inches from between your eyes. Think of the spot between your eyebrows as you look through the tube at the candle flame (see photograph in figure #7.). Do this for up to about fifteen minutes at a time. It is best not to overdo it the first few times, just follow your own inner guidance as to how long and how often you should do this exercise. In between sessions you should try to use

the astral tube without the prop. It may be awhile, but at a certain point in your development you should be able to use the astral tube for clairvoyance at will. This exercise is an effective way to awaken your inner awareness for psychic vision until a future time, when you will no longer need any outside help, when the power of your will alone activates your inner abilities.

FIGURE #7.

THE INNER EAR

Clairaudience or inner hearing may be developed along with inner vision so that one may hear as. well as see via the astral tube. Practice hearing low sounds that you would not notice ordinarily. Also, you can use the cardboard tube to develop this ability (see photograph in figure #8). Tune in to the sound which reminds one of the sound of the ocean.

THE PRESCRIBED PRAYER

Before using the astral tube you should repeat the following

prayer with conviction and strong emotion.

"In the Mind of God is knowledge of all is and shall be. I was created in God's therefore, my mind may work in harmony Father's Mind. I do and shall know all is and shall be according to the Divine I am that..... That I am."

FIGURE #8.

BEYOND PSYCHIC POWER- THE GIFTS OF THE HOLY SPIRIT

There is a power which transcends the manifestation of our Psyche or Soul, and this power is to connect and channel wisdom from the all powerful Cosmic Mind. This has been called "The Gifts of The Holy Spirit" by some religious teachers. What we must realize is that because of our education, preconceived ideas and programmed opinions, our own soul may not channel a pure, untainted expression from spirit. We may (and often do) color our impressions with deeply rooted opinions and programmed reactions. For this reason the wise student does not stand still at

the stage of psychic development but probes deeper into pure spirit energy.

SPIRIT COMMUNICATION

At this very moment you are surrounded by all types of spirits: good, bad, angels, demons, nature spirits, and others of various types and degrees too numerous to mention. These different spirits are attracted to you according to your mental and emotional condition at any given time. For example, if you were in a very undesirable mood you would attract spirits who are also undesirable. On the other hand, if you were in an exalted or pleasant mood you would attract helpful, friendly spirits. This is based on a universal law of magnetic attraction which the ancients described in the statement, "Like attracts like". Negative spirits are responsible for implanting destructive thoughts in the minds of humans as well as causing misunderstandings and every type of undesirable condition in life. However, positive or good spirits are responsible for all good that we are inspired to accomplish, as well as every perfect thought of harmony, self improvement and illumination. The more we grow into a state of harmony with the cosmos the more we attract the attention and help from advanced spirits.

YOU CAN TALK WITH GOD

We live in a religious world in which a large percent of the population attends some type of church or religious group. They regularly hear sermons of the God of miracles and power who called and anointed ordinary people to declare his message and perform miracles. Yet, when a person of our generation claims to have had a vision or be in communication with God, a majority of religious people will reject and persecute such a

person. The reason is that some people are religious only in outer expressions of worship and do not believe from the heart in the reality of God.

Others believe that the day of miracles is past, and that God is, in some way, disconnected from his creation. There are even some who go to church for mundane or profitable reasons and actually do not believe in God. Dear friend, I declare to you in all truth and sincerity that the day of miracles is not past, and that you can communicate with God through the gifts of the spirit. You may ask, "How can one talk with God"? My direct answer is simple; I can point the way but you must travel the path. Does every person understand how they move about and are able to perform the tasks of living? A person does not know how, he just knows that he can.. Even so, through constant effort towards higher spiritual attainment, one develops a second nature type of ability to communicate with God. I have described the path in the first portion of this book and will give more instructions as we continue.

WHO IS THE HOLY SPIRIT?

According to popular religious teaching the Holy Spirit is one of the Divine Trinity, and this is true. The Holy Spirit is the active principle of universal life force which gives being to all that is in the higher and lower worlds. The Holy Spirit is also the part of God which awakens the slumbering divinity within man. However, in metaphysical terms the Holy Spirit may also be interpreted to mean "a holy spirit", or the spirit of an advanced soul or angel which may inspire and help us. In any case we can only communicate with holy spirits or the Holy Spirit as we make progress on the path which brings us to our next consideration.

THE 9 FRUITS OF THE SPIRIT

Within the pages of the Holy Bible St. Paul reveals nine qualities of character which we must conceive and nurture as we develop on the path.

"But the fruit of the Spirit is love, joy, peace, longsuffering

(patience), gentleness, goodness, faith, meekness (humility), temperance." Galatians 5:22,23

1. Love -- Let us consider these desired qualities beginning with love. The love spoken of here is not a selfish or personal love but a higher type of love which adores and respects

all life.

2. Joy -- Joy means that we should try to keep only positive thoughts which will inspire us to happiness, so that we will attract only positive influences.

3. Peace -- Peace should be our goal that we may consider ourselves in harmony with everything and everyone.

4. Patience -- Patience is a virtue and we must keep reminding ourselves that Rome was not built in one day. Everything takes time and effort to be of any lasting value.

5. Gentleness -- Gentleness means that we should take note of how we come across to others and make that extra effort to be kind.

6. Goodness -- Goodness means that we should be kind for the sake of kindness; that we should do for others out of the goodness of our hearts.

7. Faith -- Faith is the flame which illuminates our religion. Without faith it is impossible to touch God. My advice to all is, do not try too hard to have faith: When you mail a letter you do not worry about how it will reach its destination, you simply believe that it will after you drop it in the mailbox. As you observe the visible works of God within nature it becomes easier to realize the reality of the invisible world or cause behind the effect -- it becomes easier to have faith.

8. Humility — Humility means that we should become as little children, that we may enter God's Kingdom. A child is

trusting, simple and believing. We must be willing to release the carnal reasoning which hinders us from spiritual progress, and we must discard the empty pride of life which brings sorrow. To be humble is to be powerful where power counts.

9. Temperance -- Temperance means to be moderate. Many of us tend to overdo things, especially that which is not good for us. When we do all things in moderation it helps us to stay in balance and stay free from the bondage of external things.

The more we attempt to develop the nine qualities just mentioned, the closer we get to the Almighty. As we change our thoughts and feelings we begin to experience a transformation within our lives. This has been termed "Being Born Again", or "Conversion". As we build a direct link to the Holy Spirit we realize the development of certain powers, which brings us to our next consideration.

THE 9 GIFTS OF THE SPIRIT

"For to one is given by the Spirit the word of wisdom..... the word of knowledge..... faith..... gifts of healing..... working of miracles..... prophecy..... discerning of spirits..... tongues (speaking in tongues)..... interpretation of tongues.....

I Corinthians 12:8--10

1. The Word of Wisdom -- This means to have a mastery of practical aspects of mystic power. To be wise in your understanding and application of divine laws within your daily life.

2. The Word of Knowledge -- This means to make it your business to know what is necessary for spiritual power. Faithful study brings knowledge and knowledge is power. The more we desire knowledge, the easier it becomes to receive it.

3. Faith -- This is the faith which is a spiritual gift, so powerful that it becomes a dynamo to generate daily miracles within your life. The Master said that faith, as a grain of Mustard Seed, could move mountains. This means that we should concentrate our faith into a point of energy which holds the very force of the atom. The secret is: focus thoughts into positive directions towards the realization of our goals.

4. Gifts of Healing -- These are of a greater power than mental or herbal healing. Spiritual healing comes from the very core of life to remove the cause of the illness.

5. The Working of Miracles -- This means that when we blend into the all powerful will of God, good things flow easily to us and those we love. To be in universal harmony with life is to have a direct link with the source of miracles. Wise teachers have given us a hint to this secret in the words, "let go and let God".

6. Prophecy-- This is the power to foretell future events. Great prophets, such as Moses, Daniel, Ezekiel, Nostradamus and others were able to foretell the future with outstanding accuracy through the gift of prophecy. Within the mind of God is the knowledge of all that was, is and shall be. As we allow our mind to be touched by God's mind, we shall be able to use this wonderful gift.

7. Discerning of Spirits - This means to know the true character of any spirit we may be

in communication with. There are evil spirits who pretend to be angels of light for the purpose of leading men astray. With this spiritual gift operating in your life, you will be able to detect a deceiving spirit. Also, let us remember that not all evil spirits are discarnate: Many people that we meet may act very nice outwardly, but actually be wolves in sheeps' clothing.

8. Speaking in Other Tongues -- Inspired speaking is a spiritual gift which enables one to speak a language unknown to the speaker, for the purpose of giving a divine demonstration to others. At times one may speak a heavenly tongue, also known as the language of angels.

9. Interpretation of Tongues -- This means that we are able to know what we have spoken in unknown tongues while inspired.

Let us remember that we must crawl before we can walk and walk before we can run. Patience, consistent effort and faith are the three main ingredients which yield success in psychic and spiritual development. Start at the bottom, work your way to the top, and believe that you shall become powerful.

There is a superior part of us which transcends our physical, emotional and mental faculties, and that is our true self, the spiritual man. Our spiritual body is the high self of our existence and is a three fold manifestation of love, will and wisdom in their highest form. As we progress on the path we become more aware of the true self, thus becoming more aware of God, for it is this part of us that is made in the image of the Almighty.

4. Banishing Curses

"And you shall know the truth, and the truth shall make you free'.

St. John 8:32

My dear friend, the information I am about to share is most powerful. If you believe and apply it, it can and will set you free from any and all negative influences which have come upon you during your life - in this life, and in all past incarnations.

WHAT IS A CURSE?

An enemy may wish bad luck on your life and plans. They hold negative thoughts to the effect that you will become ill, lose your mind, fail at business or personal

relationships, be unhappy and a host of many other possible calamities. They can focus this energy against you a number of different ways. You may have tried to help these people and they resented your interference to the point of wishing you harm. An enemy can try to harm you for petty reasons, such as jealousy, not wanting you to be with someone, rivalry on your job, and many other petty reasons. Simply stated, a curse is a negative energy which may lodge itself in your mind as a negative obsession, a deeply rooted emotional problem, or even in your body as an unnatural pain or condition. A curse can cause you to make all the wrong moves so that you are sure to fail, cause you to keep dropping things and have accidents, forget important things, lack interest and attention about important matters, become easily upset, hate yourself, hate others and a host of other negative things. I will now expose several ways by which an evil person may send a curse on someone.

INTIMIDATION

When someone constantly tries to insult or make you look bad in front of others, it may be that the person is using this evil technique to curse you. Such people may do this in a joking way, but they have a certain effect that makes you feel cornered and helpless. Beware of such people and separate yourself from them if possible. If you cannot avoid such people, take the person aside and tell them that you insist they stop intimidating you. If they refuse to stop, the only thing left to do is to rebuke them openly for their lack of consideration. The reason that this is so important is because when a person constantly, and deliberately intimidates you, they may be trying to break down your mental and emotional shield, thus opening you up to stronger negative forces. In order for a negative magic spell to take effect, the victim's confidence must be weakened in some way.

Another method of intimidation used by evil workers is to place a gum like substance in the victim's path followed by unclean substances such as grave yard dirt. The person picks up the dust on their shoes by means of the gum and they may even trip or fall because of this. In any case, this gives the sorcerer an open door into the person's life as they have implanted the forces of their negative wishes into the substance.

Still another way that workers of darkness intimidate victims is by the display of an ill omen or sign. For example, a dead black cat, mouse or roses which have been painted

black may be placed in front of the victim's door.

NEGATIVE APPLICATION OF SYMPATHETIC MAGIC

Evil workers may place a curse on someone through contact with parts of the victim's body such as nail clippings, hair, blood, saliva, even clothing. The evil worker applies the law of sympathetic magic using the item as a link with their victim. Simply stated, the principle of sympathetic magic is this; Every human being radiates a magnetic energy field known as the aura. Our physical vitality, emotional and mental energy, our very life is contained within our auric force field. When a strand of hair, nail clipping or anything else is separated from our body a portion of our life remains on that part for a certain time. Through contact with such an item a spiritual healer can. help someone, or an evil sorcerer can harm someone. In a case of using a voodoo doll, the evil worker will attach some portion of the victim's body and will, through this link, send emotionally potent curses and thoughts of evil intent. They may place this doll in or near a fire, puncture it with pins, and even suspend it on a thread as if to hang the victim.

PERPETUAL CURSES

When someone becomes angry and blurts out a highly emotional expression, such words become thought forms which grow stronger with time. The person to whom the words were directed may find themselves under a curse which can only be broken if they overcome the trait which angered the other person. Some people are under curses which have followed them into many lives, or incarnations. I will reveal how one can free themselves from curses such as these as we continue with this lesson. Trv not to offend anyone if there is any way to avoid it. At times it is impossible to avoid offending someone because some people have peculiar ways. However, just to be mindful of the feelings of others make it easier to have harmony.

CURSES FROM WITHIN

A common curse is that which people bring upon themselves through their own negative thinking and speaking. Such a curse may be hard to break as long as the person continues to follow a pattern of negativity. The only cure for such curses is to reform our mental and speaking habits. Start thinking and speaking positively, even though things look bad. If you are faithful you will begin to break bad habits and change your life. You

will actually think and speak more success into your life.

THE ULTIMATE CURE

No curse or evil spirit can affect us if we are emotionally, mentally and spiritually strong. The problem is that most human beings are not always strong: Everyone has times of weakness. It is during these times that wicked forces may strike out at us. If we were perfected in love, harmony and faith we would be secure against evil invasions. However, since most of us live a roller coaster existence of up one day and down the next, we must do two things: First, we must promote positive influences around us, and avoid negative ones as we work towards perfection. Second, we must take every precaution to protect ourselves from evil psychic attack. Therefore, I will reveal traditional, effective methods to banish all existing curses and then reveal techniques of protection. Before we proceed, I will share accounts of some of the cases in which I have been able to help victims of negative curses.

THE SEALED CURSE

Several years ago, while living in Ohio, a woman came to me for private counseling and spiritual help. This woman had grown children and a fine husband, and was financially well off. By all outward appearances one would think that she had an ideal life, but as she sat in my office looking at me, I could see that she was very troubled.

She told me that about two months earlier she began to receive prank calls:. When she answered there would be a brief silence and then the other person would hang up. She began to notice that these calls would come at the rate of three times a day. Finally, one day she went to her mailbox and found, among the other letters, a blank sealed envelope. She opened it and inside she found a letter with these words:

"I take from you 5 drops of blood; one from your heart, one from your liver, one from your womanhood. And by this I rob you of your strength and soul".

She felt a horrible vibration when she read this and began to lose her strength and appetite. This condition grew worse with each passing day until she came for help. As she handed me this letter her hands trembled and I could feel the very powers of darkness as the letter touched my hand. It was revealed to me that a certain delivery man who worked for a laundry service had made advances towards her about six months earlier. I sensed

that she, being a faithful wife, rejected his advances. I asked her if all this was accurate, and she quickly verified everything I said as being the truth. It was also revealed that this man was evil and practiced black magic. It was he who was responsible for everything that happened. I proceeded to remove the curse from the woman and taught her how to protect herself from all evil.

THE UNFORGIVING CURSE

A man came to me for help because he was always having bad luck. No matter what he did or how hard he worked, nothing ever went right. After considerable meditation on the problem it was revealed that many years of holding grudges against other people was the cause of his ill fortune. He was very angry and would often curse his enemies, and eventually he poisoned himself by this hatred. Another cause of his ill fortune was because of some great injustice he committed in a previous life. I paused to ask the man if he believed in reincarnation. He replied that he never really thought much about it. I described a man from the colonial period of America and asked if this meant anything. The man leaned forward in excitement and told me that he had nightmares about such a person all his life. I continued to relate - how he cheated the man in the vision and drove him to suicide. The man cursed him before leaving this world and the curse was so potent that it followed him into this lifetime. We proceeded to go through a ritual of forgiving and asking forgiveness and as we did so this man felt a powerful inner release, and today he is a happy and successful individual.

HOW TO BANISH CURSES

There are many time tested methods which have proven themselves to be most effective. However, the one that I will share with you now is the most effective, according to years of experience in dealing with people. This method constitutes a twelve day program to rid ourselves of all negative influences. I suggest that you read the following instructions a few times before actually performing them. This will make you familiar with the twelve steps, and allow you to prepare the Items you will need. The best time to do this is any time that you will not be disturbed, and can concentrate on what you are doing. Above all, it is very important that you keep your work secret.

THE FIRST DAY

Bathe and relax by clearing your mind and breathing deeply. Repeat a sincere prayer, asking God's help and guidance. Next, write down the names of everyone who has hurt you in any way. At the end of the list write the words "and include anyone else who I cannot remember". After you have finished writing, fold the paper and burn it. As it burns look at it and say, out loud with strong emotion, "With Gods help, I forgive you for everything you have done to hurt me! You will not be able to hurt me from now on, and I will not hurt you. I release you in the light". After you perform this sacred ritual, go about your daily business until the next day.

THE SECOND DAY

Prepare yourself as you did the first day. Next, write down the names of everyone which you have hurt. At the end of the list write the words, "and include anyone else who I cannot remember". Fold the paper and burn it. As it burns look at it and say, out loud with strong emotion, "I ask forgiveness from all of you! Please, excuse my mistakes and failures - please forgive me". After a few moments of meditation go about your daily routine.

In performing the rituals of the first two days you are taking a great step in obedience to the Master Jesus, for when he taught the people how to pray he said, "And forgive us our trespasses as we forgive those who trespass against us".

THE THIRD DAY

This day begins a series of nine baths. Many mystics of all ages believed that by pouring various herbs in bath water they cleansed their aura of all negative vibrations. You are to take one of these special baths each day for nine days. You must repeat the prescribed prayer and scripture after each bath. If you cannot

bathe in a bath tub you may place the herbs in a basin of water, dip a towel in the water and apply it to your body. The herbs for this formula are "Hyssop" and "Five Finger Grass". Use about one teaspoon of each of these herbs in each bath. You should be able to obtain these herbs at your local health food or occult supply store. If not, you may substitute Rosemary and Parsley for the herbs mentioned.

FIRST BATH

Repeat the 23rd. Psalm and pray the following prayer: "Lord God in Heaven, deliver me

from all my enemies and give me life. In the name of the Father, and of the Son, and of the Holy Spirit. Amen".

SECOND BATH

Repeat the 15th. Psalm and pray the following prayer: "I invoke thee Gaspar, servant of God and powerful Nagi. Help me to have a healthy attitude in this work. Pray for me that I may be delivered from sorrow. So mote it be".

THIRD BATH

Repeat the 4th. Psalm and pray the following prayer: "I call upon thee, Melchiore, servant of God and powerful Magi. Help change my fortune from bad to good. So be it".

FOURTH BATH

Repeat the 7th. Psalm and pray the following prayer: "I humbly ask thee, Balthazar, servant of God and powerful Magi.; Give me power to overcome a troubled heart. And so it is,,.

FIFTH BATH

Repeat the 27th. Psalm and pray the following prayer: "Lord, King, God; Open the prison doors and set me free from all that troubles me. Be my light and guide me into the path of peace. Amen".

SIXTH BATH

Repeat the 51st. Psalm and pray the following prayer: "Master, Jesus Christ, take all fear and guilt from me now. Let me find forgiveness as I have forgiven to the best of my ability. Thank you, Lord. Amen".

SEVENTH BATH

Repeat the 10th. Psalm and pray the following prayer: "I invoke thee, oh powerful Archangel Michael; As you are the captain of the Lord's Army, so fight against the imps of hell who seek to harm me. In return I promise to defend that which is right, always. Amen".

EIGHTH BATH

Repeat the 22nd. Psalm and pray the following prayer: "Divine Mother, Mary, notice that I bear the marks of cruelty from my enemies. Pray for me and heal my wounds. Amen".

NINTH BATH

Repeat the 91st. Psalm and pray the following prayer: "Heavenly Father, teach me the inner ways of the heart and guide me into the secret path of light. Amen."

Dear friend, if you have completed the activities of the first

two days and the nine days of special baths you have accomplished a great thing. Very few people generate the determination to finish that which they begin.

After taking the ninth bath and you are ready for bed you must take the next step. This is the eleventh day of the ritual and the spell of negativity is almost broken. Before retiring for the night spread a white cloth over a table in your room. Place a glass of juice or wine on the table and leave it there all night while you sleep.

THE TWELFTH DAY

When you wake up you must drink the glass of liquid which was left out all night. The symbolism behind this is that you have dedicated a drink offering to God. It was related to me that this custom has been observed by religions throughout the world for several thousands of years. In the public rites the religious leader would consecrate and drink the liquid in behalf of the people. We observe this custom today within the Catholic Church; The priest pronounces the benediction over the wine, then drinks from the cup before administering the Holy Communion to the people. In private rituals the devotee first offers the liquid as a drink offering to the deity in the faith that the cosmic intelligence blesses the offering. Therefore, when the person drinks it they receive the blessing into every part of their being. This is exactly what you accomplish when you perform this part of the ritual. This twelve day program is most effective and well worth the effort. However, if you cannot perform this ritual because of lack of privacy or other reasons, there is another way.

ANOTHER RITUAL

Obtain some Holy Water or pure Olive Oil. Make the sign of the Cross on your forehead every morning or every night for nine

consecutive days. Also you must read the 23rd. Psalm three times a day for the nine days, making a total of twenty-seven readings. This particular nine day ritual may be repeated from time to time if one feels the need.

THE WALL OF PROTECTION

When you have liberated yourself from negative conditions you must do that which is necessary to protect yourself from future unwanted influences. On a small piece of paper write the arrangement of letters as described in figure #9.

I.
N. I. R. I.
. SMCTUS SPIRITUS I.
N. I. R.
I. .

FIGURE 9-

The letters I.N.R.I, often appear at the top of a Crucifix and represent the first letters of Hebrew words for the four elements of earth, water, fire and air. The four arms of the Cross represent the limitations imposed by the physical existence (the four elements) upon the soul of man. "Sanctus Spiritus" means the Holy Spirit. This symbol of letters signifies that you receive power to overcome obstacles through and by the Divine Spirit who prospers your work and protects you from evil. You should wrap this paper in cloth and wear it pinned inside your clothing on the left side. This is because you receive vibrations through your left side, and if someone

should send negative vibrations to you this symbol would serve as a protective shield.

The vibrations of your home may be cleansed by burning the following mixture on charcoal tablets: A pinch of Sulphur, a pinch of Sea Salt, -$^1/_4$-teaspoon of Frankincense, -$^1/_4$-teaspoon of Myrrh.

Let us remember that the greatest protection against evil conditions and curses is a positive mind and a positive heart. Think only thoughts of goodwill, peace, and harmony. Maintain only constructive emotions of thankfulness, love and good feelings.

Slaying the dragon of evil

5. Living Prayers

"When thou pravest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret".

Matthew 6:6

"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive".

Matthew 21:22

"..... Men ought always to pray, and not to faint".

Luke 18:1

WHERE TO PRAY

The formula for success in spiritual communication can be found in the three scriptures above. Let us consider the inner meaning of these statements from the Savior; The first mentions that we are to enter our closet and shut our door so that we may pray to God in secret. Now, this does not mean that we are to lock ourselves in a literal closet in order to pray. What it does mean is that we should withdraw our attention from outside things and go within to pray. I have described this process as the Inner Temple of Prayer. Prayer is not true prayer unless it is spoken from the heart. There are several things that we can do to help us enter this inner state.. The burning of incense, like Temple Incense or Pure Sandlewood on a charcoal is a great help.

THE RIGHT PRAYER

The second scripture says that we will receive whatever we ask for in a believing prayer. Many people say they believe but are doubting all the time they are praying. To say something with the mouth is one thing, but to say something with the heart is another. When a person believes to the best of his ability and he still does not receive an answer, he wonders why? Here is my answer to this perplexing problem; The heart only believes that which is allowed for the person to receive by God's will. The wisdom of the Lord is great and can foresee what is ahead of us. It could be that we are praying for something that will not be good for us in the long run. Therefore, we should add to our prayers the statement, "Lord, if it is your will, and I am not opposing any universal law, then grant me what I ask.

WHEN TO PRAY

The third scripture instructs us to always pray and not faint. This does not mean that we are to walk around praying all day - others would think that we were talking to ourselves. What this means is that we should keep a prayerful attitude in our hearts at all times. Prayer is not always speaking out loud but living a life of divine action.

SPECIAL PRAYERS

There are many prayers which can be said for all purposes. I will list a few of them for you, beginning with one which has been handed down to me as "The Ancient Wonder Prayer". The great teacher who shared this said it was found 50 years after the birth of Christ and is said to give one power over many negative things. It is believed that whoever says and keeps this prayer in their

house will not suffer the thirty misfortunes, nor a sudden death, neither be overcome by any evil. It was read to a woman to help her through a safe child birth. It was prayed over and kept on the right side of a new born child. It is stated that whoever laughs at this prayer shall suffer. The prayer is as follows:

THE ANCIENT WONDER PRAYER

"Oh adorable Lord and Savior Jesus Christ, dying on the gallows tree of the cross for our sins; see how I believe in thee and the power of thy cross. Oh, Holy Cross of Christ, stir up in me only the good. Lead me in the right way of truth and happiness. Ward off all dangers and death, and give me life. Oh, crucified Jesus of Nazareth, have mercy on me and keep the enemy away from me, and it shall be done, now and forever. True as Jesus was born. True as the Three Magi brought their gifts on the twelfth day. Blessed Be The Lord Jesus for his sacred and unmerciful death, his glorious resurrection, his God--like ascension through which he would bring us to heaven. So the honor of Jesus will spare me from all my enemies, both seen and unseen, now and forever. Into thy hand I offer myself, Oh Lord. Amen. Oh Lord Jesus, through the bitter agony you suffered on the cross, in particular when your soul was departing from the body, have mercy on my soul when it departs from the body. Amen".

AGAINST EVIL SPIRITS

The following is The General Prayer of Exorcism. It should be used against all evil spirits when they trouble you or any member of your household. When the devil torments your mind with negative thoughts or unrest of any kind, speak the following formula:

"In the name of the Father, and of the Son, and of the Holy

Ghost. Amen. Glorious Prince of the Celestial Host, Saint Michael the Archangel, defend us in the conflict which we have against principalities and powers, against the

rulers of the world of darkness, against the spirits of wickedness in high places. Come to the rescue of the one made in God's image, and whom he has redeemed at a dear price from the power of the devil. It is you Saint Michael who are the Guardian Angel of believers. It is you to whom the Lord has given power to escort our souls into heaven. Pray for our help and mercy from God. Bind Satan and cast him forth into the pit."

"In the name of Jesus Christ, our Lord and Savior; By the virtues of the Blessed Mother, the Holy Angels, and the Masters of Wisdom, we take the authority to resist and fight the works of the devil. Let God arise, let his enemies be scattered; Let them that hate him flee before him. As smoke is driven away so drive them away; As wax melteth before the fire so let the wicked perish at the presence of God."

"Behold the Cross of the Lord, flee bands of enemies."

"The Lion of the Tribe of Judah, the Offspring of David hath conquered."

"May the mercy of God descend on us."

"As great as our hope in thee, Oh Lord."

"We drive you from us, whoever you may be, unclean spirits, Satanic powers, Earthbound invaders, wicked imps; In the mighty name of, and by the virtue of Jesus the Christ (+), may you be snatched away and driven from the souls of those covered by the Precious Blood of the Divine Lamb (+). Stop your evil works against us (+). This is the command made to you by the Most High God (+), with whom you still pretend to be equal (+). God The Father commands you (+); God The Son commands you (+); God

The Holy Spirit commands you (+); He who to save our race, outdone through your malice, humbled himself becoming obedient even unto death. He who has built his church on the solid rock and declared that the very gates of hell shall not prevail against it, because he dwells with us always, even to the end of the age. You are commanded by the virtues of the hidden mysteries of The Faith (+). The glorious Mother Mary commands you (+). The Holy

Apostles command you (+). The Masters of Light command you (+) "

"Thus, cursed prince of darkness and his agents, I command you by the Living God (+), by the Holy God (+), by the True God (+) to tremble and flee at the evocation of the most powerful Name of Jesus Christ. It is done!"

"Thank you Lord for giving me power over the devil. Hear my prayer, and let my cry come unto thee. May the Lord be with thee and with thy spirit. Amen."

I wish to point out that the symbol (+) as seen throughout the prayer of exorcism means that we are to make the Sign of the Cross at that place in the prayer. It is acceptable to make the sign of the cross on your forehead with a finger of your right hand, or on the forehead of the person you are performing the exorcism for. If you are exorcising a room or an object you would then make the sign in the air. Some adepts anoint their bodies with Olive Oil before saying any prayer. Master exorcists have been known to dip their fingers in Holy Water before making the sign of the cross.

INNER MEANING OF THE LORD[1] S PRAYER

Following now is a message of wisdom concerning the full meaning of the prayer given by Jesus, known as The Lord's Prayer.

This famous prayer has been repeated billions of times by many Christians over the centuries, but very few have taken the time to consider its complete meaning.

"OUR FATHER, WHICH ART IN HEAVEN, HOLLOWED BY THY NAME"

This presents the attitude with which we approach God. We must acknowledge the supreme wisdom of God as the Father of all life, as the Universal Mind. It reveals that we must praise and glorify the name of the Lord. Most people approach God by first complaining about what they do not have, instead of thanking him for what blessings they have already seen.

"THY KINGDOM COME"

Jesus said, "the Kingdom of God is within you". Many look for the world to change by the sudden appearance of God's Kingdom. Things will indeed change one day, but that change will happen when enough people allow the Kingdom within to come forth and shine as the light of the world. Keep this in mind when you say this part of the prayer.

"THY WILL BE DONE IN EARTH, AS IT IS IN HEAVEN"

- It is written that the Lord God formed the outer man from the ground, or earth. As we tune ourselves in to the vibration of spirit we allow the divine will to be done, even in our daily human life.

GIVE US THIS DAY OUR DAILY BREAD"

Most people worry so much about tomorrow or yesterday. However, today is the day of salvation. At this part of the prayer we are confessing that we look to God as our daily supplier of both natural and spiritual bread.

"AND FORGIVE US OUR TRESPASSES ,AS WE FORGIVE THOSE WHO TRESPASS AGAINST US"

This reminds us of the fact that in order to find peace and forgiveness, we must forgive others.

"AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL"

God does not lead us into temptation, for it is written, "God cannot be tempted with evil, neither tempteth he any man", James 1 ;15. The original words were, "Lead us away from temptation". All around us are many things which seek to hinder our progress and make us want to give up. This is one of the greatest temptations in a world of trouble. But as we look up for help and power, God will lead us away from all unbearable circumstances.

"FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY FOREVER, AMEN"

As we open our prayer with praise, so should we close our prayer with praise and glory to God, thanking him in advance for the answers.

PRAYER TO GUARDIAN ANGELS

The following is a prayer to your Guardian Angel and your Spirit Guides. From the time we are born we have a guardian angel who inspires us to seek for the good paths of life. Also, when we are led by this angel to the path of wisdom, we acquire spirit guides which assist us in our spiritual studies. By tuning in to our spirit guardians we learn more from them and are better able to overcome the attacks of the evil spirits.

"I now invoke my Holy Guardian Angel, and the Spirit Guides who further their own salvation by helping those of us who dwell in the land of the living. Thank you, kind spirits, for saving me from danger, seen and unseen. Continue to protect me, and lead me into the right path. And, if there is anything I can do for you, please let me know. Amen".

The thought I wish to impress upon you is that true prayer is not just a group of words, but an attitude and way of living.

Power of prayer through the ages

6. Names of Power

It has been observed by wise men of all ages, that God has 72 secret and powerful names. These names are said to have magical virtues in the sacred occult art. In this chapter we are concerned with The Four Most Powerful Names of God, according to certain secret teachings handed down to us. It is wise that you do not say these names out loud - just mentally repeat them, or fix your mind on them. These four names are as follows:

1. EHERIA, which means I AM THAT I AM, AND GOD IS, AND WE ARE. The power of this name is to help you have greater confidence in yourself as the manifestation of God.
2. ESCH, which means THE LORD WILL GIVE YOU POWER OVER ENEMIES. The power of this name is to give you help and protection against the evil influence of your enemies, seen and unseen.
3. NA, which means THE COMFORTER. The power of this name is to help you when you are depressed and worried.
4. AG LA, which means LET THERE BE LIGHT. The power of this name is to give us inspiration in money and all types of business affairs and ventures.

I will now reveal how to make a powerful talisman of these four names: You are to write these four names on a small piece of paper in red ink as shown in figure 10, or trace it in pencil from the book and then go over it in red ink. You are then to anoint this talisman with olive oil by applying it first to the corner with the word EHEHIA; Next you anoint the corner with the word ESCH; You then anoint the corner with the word NA; Finally you anoint the corner with the word AGLA.

FIGURE #10.

The best day to do this is on a Saturday. You should repeat the anointing of this talisman every Saturday for as long as you keep

it. The purpose of this talisman is to give you more power and authority when you undertake any venture, and even when you are speaking to someone. It should be placed on the right side of your body so that you can touch it when you need that vibration of personal power. The exact practice is to keep it in a red flannel bag and pinned to the

inside of your clothing or in your pocket on the right side.

Depending on what day you wear your talisman, you should have another talisman with it bearing the name and symbol of the ruling Archangel for that day. For instance, when you wear your talisman on Sunday, you would place in the bag with it the talisman of Michael the Archangel who rules on Sunday. Following are figures #11 to #17 which show the names and symbols of the Seven Archangels who. rule each day of the week. When you have written them on paper with red ink you are to anoint all four corners of each with Olive Oil. Change the Archangel talisman every day, keeping the ones you are not using in a secret place. Remember, this is to be in the red bag, along with your talisman of The Four Powerful Names of God, and kept on the right side.

FIGURE #11. Michael the Archangel for Sunday.

FIGURE #12. Gabriel the Archangel for Monday.

FIGURE #13. Samael the Archangel for Tuesday.

FIGURE #14. Raphiel the Archangel for Wednesday.

FIGURE #15. Sachiel the Archangel for Thursday.

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FIGURE #16. Anael the Archangel for Friday.

FIGURE #17. Cassiel the Archangel for Saturday.

7. Be Healed

Illness is called disease. The word disease may be broken up to read, dis-ease. In this word is the key to understanding the cause of illness, for the Mystic Masters of all ages have taught that man is more than a physical body: man is also a soul with emotional and mental states of existence.

THE MENTAL STATE

Whatever is conceived and sustained in the human mind becomes a reality within the

thinker. It may not be an actuality, but to that person it is a reality. Whatever is created in the mind condenses into the next state of our existence.

THE EMOTIONAL STATE

Our mental realities become our emotional conditions. If we dwell on something negative that someone said or did to us it soon becomes a cause of emotional upset as well as a mental obsession.

THE PHYSICAL STATE

Mental obsessions become emotional unbalance and finally physical unrest. This is why some physicians say that anxiety may cause insomnia, headache, indigestion and other illness. When we begin to understand our being, we may improve our health effectively.

THE SPIRITUAL STATE

There is yet a fourth and most important state of our life, and that is the spiritual. We do not starve our physical bodies when food is desired, yet we ignore that deep longing for communion with God. Spiritual truth and practices are powerful tools for reaching the very core of life, thus bringing God's Universal Life Energy into manifestation within our everyday life. I will reveal a very effective method as we continue with this lesson.

HOW GOD HEALS

The holy scriptures give many examples of divine healing through different instruments and points of contact. The power of God is not limited to just one form of manifestation for healing. Therefore, God heals through various instruments as exemplified in the following scriptures:

-THROUGH PHYSICIANS-

"They that are whole have no need of the physician, but they that are sick."

St. Mark 2:17

-THROUGH HERBAL REMEDIES-

"And Isaiah said, take a lump of figs. And they took and laid it on the boil, and he recovered."

II. Kings 20:7

-THROUGH BLESSED OIL-

"And they cast out many devils, and anointed with oil many that were sick, and

healed them."

St. Mark 6:15

"Is any sick among you? Let him call for the elders of the church; and let them, pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him."

James 5:14, 15

-THROUGH THE SPOKEN WORD-

"But speak the word only, and my servant shall be healed."

St. Matthew 8:8

-THROUGH ORDINARY ITEMS-

"And God wrought special miracles by the hands of Paul: so that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them."

Acts 19:11, 12

-THROUGH THE LAYING ON OF HANDS-

"They shall lay hands on the sick, and they shall recover."

St. Mark 16:18

TEE MASTER KEY TO HEALING

We must try to receive healing of our mental and emotional anxieties before we can experience true physical healing.

BANISHING FEAR

Within the average mental awareness are to be found many levels of fear and guilt. Many parents ignorantly program the subconscious mind of their children to be afraid. A person with a

fear complex may believe that if they do, or fail to do certain things they will become ill: They are often afraid to trust other people of different races, religions or social standings because of what they have been taught; Many times the fear is totally insane, but to the person it makes sense. The first step to Mental Healing is to know, admit and banish negative thoughts of fear.

BANISHING HATE

Negative emotions such as hate, jealousy and resentment must also be uncovered and banished as these are negative blocks against the flow of God's healing power.

HEALING IN FORGIVENESS

There is not a person alive who has not done something for which they seek forgiveness. A great spiritual healing technique is to first forgive ourselves for all the failures of the past, and also forgive others who have wronged us.

THE METHOD

Write down the names of everyone who has ever harmed you. Also make a separate list of everyone you have wronged. A third list should be prepared for all your fears and emotional anxieties. You should burn one of the lists each, night for three nights in succession. As the list burns utter a prayer asking that God transform all negative feelings into positive ones. This practice may be repeated from time to time if one feels the need.

IT IS MY SINCERE WISH THAT THIS BOOK HAS HELPED YOU TO GROW IN THE KNOWLEDGE AS YOU BECOME ADEPT IN THIS KNOWLEDGE YOU CAN ASSIST OTHERS BY DIRECTING THEM TO THE FOUNTAINHEAD OF TRUTHi

NEVER USE THIS KNOWLEDGE FOR SELFISH REASONS OR NEGATIVE PURPOSES. ONLY USE IT TO AID AND UPLIFT YOUR FELLOW MEN. IF EVERYONE DID THIS, THEN PEACE AND HARMONY WOULD ABOUND AND WE WOULD SEE THE FULFILLMENT OF THE PROPHETIC DECREE THAT THE KNOWLEDGE OF THE LORD WOULD FILL THE EARTH, AND THAT MAN, HAVING LAID DOWN HIS WEAPONS, WOULD STUDY WAR NO MORE.

I HOPE YOU WILL WATCH FOR ANNOUNCEMENTS OF FUTURE BOOKS I PLAN TO WRITE BASED UPON THE KNOWLEDGE I HAVE RECEIVED.

THE AUTHOR

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